

Self-advocacy skills help you improve your life.

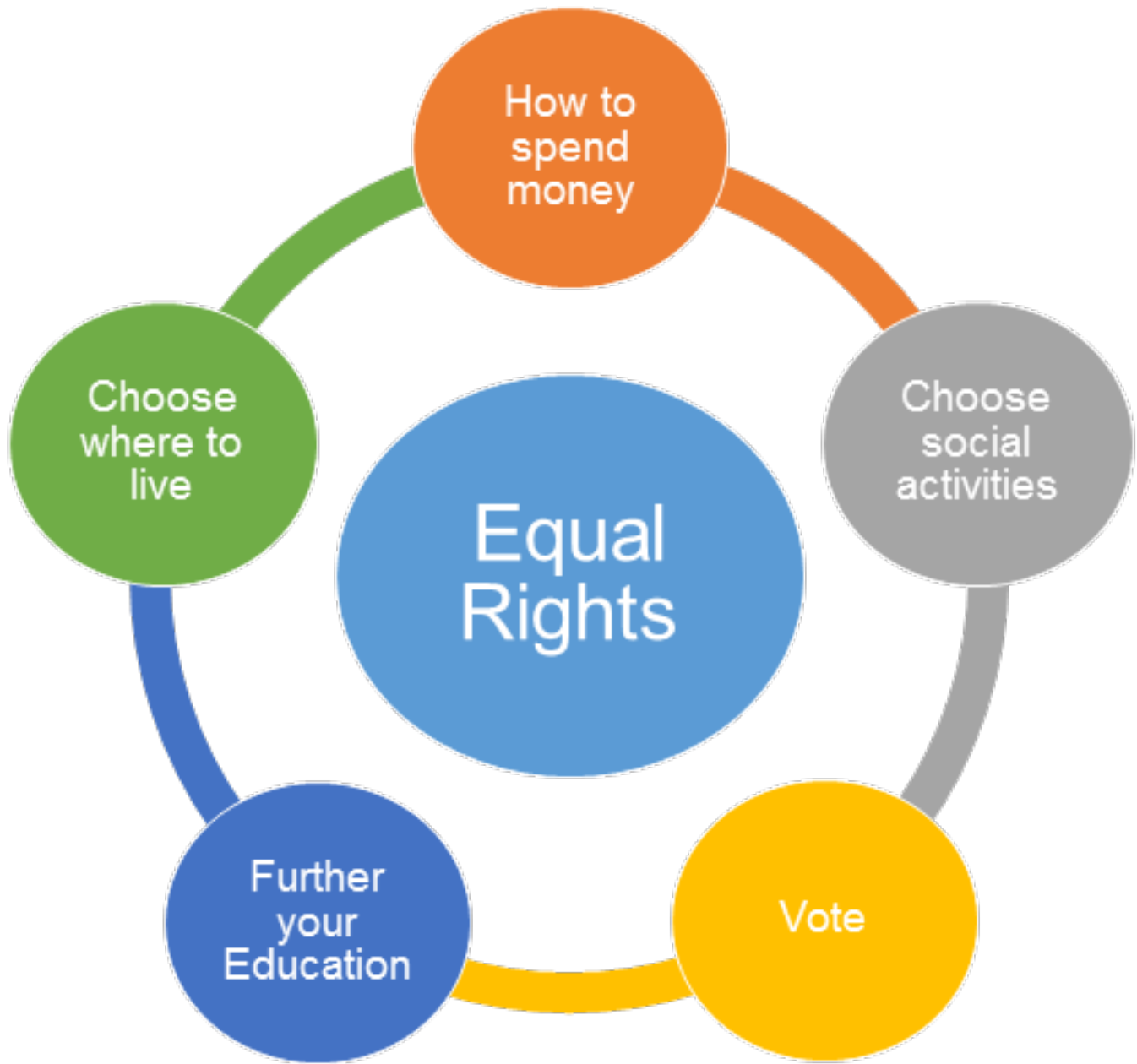
It is important for you to be a self-advocate so you can get what you want and need.

Circle the places you feel you can advocate for yourself:



Write down who supports you.

Circle the reasons why you want to be a self-advocate:



Why else would you want to be a self-advocate?
(List other reasons below.)

Remember – You know your body best. You have the right to make decisions, or have someone help you make decisions, about your health care.